

# *Top Ten Attitudes of an Askable Adult*

**What do approachable adults communicate to teens (both verbally and nonverbally)?**

1. No subject is off-limits, even if it makes me uncomfortable. If it's important to you, it's important to me.
2. Values and opinions are unique to every person. Therefore, I won't judge your values when they are different from mine.
3. Because you are important to me, nothing that you can tell me will make me think less of you.
4. I realize that providing information is not the same thing as promoting choices.
5. I'll tell you honestly when I don't know the answer to your question, and we'll find out the answer together.
6. I'm always interested in your life – not just the critical moments.
7. I'm clear about my own values and attitudes, and we can still discuss sex even if we don't share the same beliefs.
8. I'm here to listen more than to give advice.
9. I will do my best to give you accurate information so that you can make informed decisions.
10. I care about what happens to you.



Tom Barrett, Mayor  
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